

Ginger and Turmeric

Patricia Kyritsi Howell, RH (AHG) BotanoLogos School of Herbal Studies info@wildhealingherbs.com

Ginger *Zingiber officinale*

Family: *Zingiberaceae* (Ginger)

Part Used: Rhizome

Actions: Aromatic, carminative, circulatory stimulant, antispasmodic, expectorant, rubefacient, diaphoretic, emmenagogue

Indications:

Nausea due to motion sickness, chemotherapy, indigestion, food poisoning, morning sickness, etc.
Stomach ulcers due to stress, poor diet, pharmaceuticals, etc.
Anorexia or poor appetite
Muscle/joint pain and inflammation
Menstrual cramps and delayed menses
Cold symptoms: lung congestion, cough, fever, muscle aches, lack of appetite
Poor circulation with cold, stiff extremities, all worse in damp, cold weather
Sore throat (gargle)

Contraindications: May inhibit blood coagulation, use with caution. Small amounts (less than 2 grams daily) are safe in pregnancy to treat morning sickness.

Turmeric *Curcuma longa*

Family: *Zingiberaceae* (Ginger)

Part Used: Root (rhizome)

Actions: Prevention of cancers, tumor growth inhibitor, anti-mutagenic, anti-viral, anti-inflammatory, hepatoprotective, immune stimulant, antioxidant, analgesic, vulnerary

Indications:

Inhibits the genes that trigger cancer, the spread of tumor cell, the transformation of normal cells in cancer cell
Shrinks tumor cells and prevents the development of blood supply necessary for cancer cells to form and spread
Prevents spread of cancer cells to other organs
Enhances effects of chemotherapy & radiation
Demonstrated activity against 22 types of cancer: breast, colon, lung, prostate, brain, bone, blood, esophagus, liver, pancreas, uterine, stomach & melanoma
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Lowers triglycerides, increases HDL levels, lowers LDL
Regulates blood pressure
May reduce damage from heart attacks
Topical application for slow healing wounds, prevents acne, chronic skin problems (eczema, psoriasis, scleroderma), contact dermatitis, reduces scarring.
Inflammatory bowel disease: Crohn's, IBS, ulcerative colitis
Age related macular degeneration.
Reduces pain & inflammation: headaches, joint & muscle pain, etc.

Turmeric – continued

Contraindications: In pregnancy, use only as a condiment. Some products may cause GI irritation whereas whole plant medicine does not and, in fact, is used to treat ulcers and GI irritation.

Note: Cancer studies/research used curcumin extract, 95% curcumin. "Curcumin extracts believed to be better than whole plant medicines, but no studies prove this." Winston

Recipes

Turmeric Honey

3 tablespoons coconut oil
½ c raw honey
2 teaspoons ground turmeric powder
¼ teaspoon ground black pepper

Heat the oil in a small saucepan over low heat. Remove from heat and stir in all the other ingredients, mix well. Store in a glass jar. Does not need to be refrigerated.

Turmeric Infused Oil

1 cup avocado oil
1 cup extra virgin olive oil
2 tablespoons grated fresh turmeric root, or 2 heating tablespoons turmeric powder
1 teaspoon ground black pepper

Mix everything together. Store in a glass jar for two weeks before using.

Turmeric Butter

¾ stick of unsalted butter
½ teaspoon grated fresh turmeric, or turmeric powder
½ teaspoon ground cumin

Melt the butter in a small pan over low heat. Remove from heat, stir in all other ingredients and mix well.

Turmeric Glazed Fruit (apples, mango slices, bananas)

2 tablespoons unsalted butter
1 teaspoon grated fresh turmeric
1 large banana peeled and sliced in half lengthwise, or 1 large apple peeled and in sections, etc.
2 tablespoons maple syrup or honey
Ice cream, optional

In a large skillet over medium heat, melt the butter. When the butter is foaming, add the turmeric and stir to coat. Add the fruit and stir gently to coat with butter and turmeric, turn over to coat the other side. Cook for a few minutes and then drizzle with honey or maple syrup. Serve warm, with ice cream if you like.

Fresh Turmeric Pickle or Amba Haldi

fresh turmeric roots: 8 ounces
fresh ginger roots: 4 ounces
4 – 5 cayenne peppers, or to taste
2 tsp mustard seeds (rai)
1 tbsp fennel seeds (sauf)
1 tsp black peppercorns
2 tbsp sesame oil
1 1/2 tsp pink Himalayan salt
1/4 tsp hing (asafetida)
1/2 cup freshly squeezed lemon juice

Julienne the turmeric and ginger. Mix everything together and pack in a glass jar. Cover and store for three to four days. Keep in the refrigerator after this. Good for two to three months.

Japanese Ginger Salad Dressing

1 cup olive oil
1/4 cup soy sauce
1 lemon or 1/2 orange, juiced
3 cloves garlic, minced
2 carrots, peeled and cut into 1 inch pieces
3 tablespoons minced fresh ginger root
1 teaspoon prepared Dijon-style mustard
2 teaspoons honey
ground black pepper to taste

In a small bowl, whisk together the soy sauce, lemon juice, garlic, ginger, mustard, honey and pepper. Once these are thoroughly combined, add the oil in a steady stream, whisking constantly. When all of the oil is incorporated into the dressing, pour into a glass jar and chill until serving.

Golden Drink – Traditional drink usually taken at bedtime

1 1/4 cup almond or coconut milk, unsweetened
1/2 teaspoon ground turmeric
1/2 teaspoon ground cinnamon
pinch of ground black pepper
1 teaspoon coconut oil
1 teaspoon maple syrup or honey

Warm the milk over a low heat. Put all the other ingredients in a small bowl or cup. Pour a bit of the warm milk over the spices and whisk or stir to make a paste. Slowly add a little more of milk while whisking it together until well combined and all spices are added. Drink while warm.

Spicy Ginger Syrup Recipe Credit: *Aromaculture* magazine

3 cups of pure water
one palm-sized hand of ginger, peeled and sliced
the juice and zest of one orange
7-8 full cloves of garlic
1/8 tsp crushed red pepper flakes
raw, organic sugar

Begin by placing the water in a small saucepan over low heat. Allow the water to heat while you prepare your ingredients. Add the ginger, orange, and garlic to the saucepan, then place the lid on the pot and allow simmering over low heat for 30 minutes.

Remove from the heat and strain the liquid into a glass measuring bowl. Make a mental note of how much liquid you have, then return the liquid to the saucepan. Measure out an amount of sugar that is double the amount of liquid you have and add it to the saucepan. Heat over a low flame until the mixture just begins to simmer, stirring constantly. You'll know it's finished when it starts to thicken a little bit and leave a trail on your spoon.

Note: If you use a raw, organic sugar that hasn't been bleached or refined, your finished syrup will be nice and dark like mine (see the pictures). If you use a lighter colored or refined sugar, your syrup will be more golden in color. Remove the finished syrup from the heat, pour into a syrup bottle, and allow to cool completely before storing in the fridge. Use within 3-6 months.

Try using a dash of syrup here and there when cooking savory dishes to add a bit of warming spice to the overall flavor. I think you'll find it delicious! It's especially yummy added to things like roasted veggies, baked sweet potatoes, and stir-fry.